

CLAIM LISTING:

1. *(Canceled)*
2. *(Canceled)*
3. *(Canceled)*
4. *(Canceled)*
5. *(Canceled)*
6. *(Canceled)*
7. *(Canceled)*
8. *(Canceled)*
9. *(Currently amended)* A gluten-free crisp food item comprising a gluten-free premix comprising a mixture of gluten-free seeds, quinoa flakes and spices, an organic oil, and a gluten-free broth.
10. *(Currently amended)* The gluten-free crisp food item of claim 9, wherein the organic oil is organic safflower oil.
11. *(Currently amended)* The gluten-free crisp food item of claim 9, wherein the organic oil is organic olive oil.
12. *(Currently amended)* The gluten-free crisp food item of claim 9, wherein the gluten-free pre-mix is organic.
13. *(Currently amended)* The gluten-free crisp food item of claim 9, wherein the gluten-free broth is organic.

14. **(Currently amended)** The gluten-free crisp ~~food item~~ of claim 9, wherein a savory is added.

15. **(Currently amended)** The gluten-free crisp ~~food item~~ of claim 14, wherein said savory comprises cheese, herb, or spice.

16. **(Currently amended))** The gluten-free crisp ~~food item~~ of claim 14, wherein said savory comprises garlic, cheese, onion, thyme, sage, marjoram, oregano, cumin, caraway, jalapeno, tomato, cilantro, basil, chipotele, or pepper.

17. **(Currently amended)** The gluten-free crisp ~~food item~~ of claim 14, wherein said savory comprises garlic, parmesan cheese, onion, thyme, sage, marjoram, oregano, cumin, caraway, jalapeno, tomato, cilantro, basil, chipotele, pecorino romano cheese, cracked pepper, or red pepper.

18. **(Currently amended)** The gluten-free crisp ~~food item~~ of claim 14, wherein the savory comprises one or all of rosemary, thyme, sage, oregano, and marjoram.

19. **(Currently amended)** The gluten-free crisp ~~food item~~ of claim 14, wherein the savory is cumin seeds.

20. **(Currently amended))** The gluten-free crisp ~~food item~~ of claim 14, wherein the savory is caraway seeds.

21. **(Currently amended)** The gluten-free crisp ~~food item~~ of claim 14, wherein the savory comprises one or all of ground dehydrated tomato, garlic powder, ground dried jalapeno, onion powder, sea salt, cilantro and lemon juice.

22. **(Currently amended)** The gluten-free crisp ~~food item~~ of claim 14, wherein the savory comprises pecorino romano cheese, ground dehydrated tomato, basil, chipotele, oregano, or jalapeno.

23. **(Currently amended)** The gluten-free crisp food item of claim 14, wherein the savory comprises pureed roasted red pepper, roasted garlic, fresh basil, sea salt, or black pepper.

24. **(Currently amended)** A method of making a gluten-free crisp food item comprising:

mixing the gluten-free pre-mix with an organic oil, gluten-free broth, and any desired savory;

forming the mixture into a ball;

rolling out the ball on a surface lightly dusted with amaranth powder into a coil;

cutting the coil into pieces;

pressing each piece into thin evenly-sized slices; and

cooking each slice on a heated grill until the crisp food item is lightly browned on each side.

25. **(Previously presented)** The method of claim 24, wherein the rolling, pressing, and cooking are accomplished using a manual process.

26. **(Previously presented)** The method of claim 24, wherein the rolling, pressing, and cooking are accomplished by a machine process.

27. **(New)** The gluten-free pre-mix of claim 9, wherein the gluten-free pre-mix comprises a mixture of poppy seeds, flax seeds, sesame seeds, quinoa flakes, sunflower seeds, amaranth, pepper, and salt.

28. **(New)** The gluten-free pre-mix of claim 9, wherein the gluten-free pre-mix comprises a mixture of ground poppy seeds, flax seeds, ground black sesame seeds, quinoa flakes, whole brown sesame seeds, ground brown sesame seeds, ground sunflower seeds, amaranth powder, ground black pepper, and sea salt.

29. **(New)** The gluten-free broth of claim 9 further comprising fresh vegetables, herbs, organic oil and water.

30. *(New)* The gluten-free broth of claim 29, wherein the organic oil is safflower oil.
31. *(New)* The gluten-free broth of claim 29, wherein the organic oil is olive oil.
32. *(New)* The gluten-free broth of claim 29 wherein the herbs comprise at least one of thyme and bay leaf.
33. *(New)* The gluten-free broth of claim 29, wherein the gluten-free broth further comprises onion, parsley, carrot, garlic, celery, leek, and thyme.
34. *(New)* The gluten-free broth of claim 32 wherein the onion is red onion.
35. *(New)* The gluten-free broth of claim 32 wherein the broth has been strained.